

REPORT OF ALTON SENIOR CENTER

The Alton Senior Center, sponsored by the Community Action Program (CAP) is a multipurpose Center, under the Direction of Amy Braun. The Center offers a wide variety of healthy aging programming and services for older adults and their families. These include, but are not limited to, nutrition services, both Community Dining and Meals-on-Wheels, transportation, educational seminars, arts and humanities, wellness programs and intergenerational activities.

During 2009, multiple successful services were implemented. Eighteen dedicated volunteers donated over 2,600 hours of time and talent to the Alton Senior Center. This represents an increase of eight volunteers and 600 more volunteer hours contributed to the ever-increasing popularity of the Senior Center. Also, 4, 410 Community Dining meals have been served and drivers delivered 8,299 Meals-on-Wheels. The "Shopper Shuttle" continues to offer seniors a door-to-door service to the shopping centers in the area.

The Center offers a wellness program as well as acrylic and studio art, travel, walking, hiking and more. Health Care Clinics and programs included monthly blood pressure, foot care and a presentation on HINI. Seniors from the Center embarked on a very successful senior community gardening initiative with students from Prospect Mountain High School. Another intergenerational program encompassed the computer classes. The older adult participants have been learning how to send an email, type letters to friends and family, research healthy aging resources on the internet and downloading digital pictures.

For information on the Alton Senior Center, please contact Amy at 875-7102.

Our appreciation is extended to the many local businesses, financial institutions, youth groups, schools and civic organizations who have donated time, supplies or monies to the Center. These include but are not limited to the Eagle Scouts, Pearson's Greenhouse, Alton Garden Club, Alton Home and Lumber Center, Elan Publishing Company and TD Bank North.

Respectfully submitted,

Kris Bregler
Assistant Director, Elder Services